

Action Planning

Critical Concept:

Life is a long and scenic road. Enjoy the drive! Goal setting and action planning can be a valuable part of your life that will help you enjoy the process of living. Your goals will be met, new goals will be set and new actions must be taken to reach new goals. Here are some steps that you can repeat throughout your life's journey.

<p>Food For Thought... How do I get there from here?</p>	<p>What is your ultimate goal?</p> <ul style="list-style-type: none"> • What are you trying to accomplish and why? • Look at information that tells you where you are now. • What will it look like when your goal is accomplished? • Now, write down your goal. Be very specific. <p>List short-term objectives that work toward your ultimate goal.</p> <ul style="list-style-type: none"> • Daily Objectives How will you know you reached this objective? • Weekly Objectives How will you know you reached this objective? • Monthly Objectives How will you know you reached this objective? <p>You made it!</p> <ul style="list-style-type: none"> • Look at the results of your work and set another goal! <p><i>An action plan worksheet is included in your portfolio workbook.</i></p>
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Set-backs will happen! Learn from them.

Many people experience one set-back and convince themselves that their goal is lost and they have failed. This is only true if you let it be.

<p>Keep Moving Forward!</p>	<p>Think about this...</p> <ul style="list-style-type: none"> • If you never fail – you've never tried to accomplish anything worthwhile. • Thomas Edison invented the light bulb – after hundreds of failed attempts. He kept moving forward toward his goal! • Powerful lessons can be learned from set-backs. A few days after you feel like you've failed at something, take five minutes to write down what you've learned from that experience.
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***"If you don't know where you're going,
you might not get there."
- Yogi Berra***